

FALL 2012

GROUP X CLASS SCHEDULE

LAND

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00-8:25am		<u>Hard Core</u> Elon		<u>Hard Core</u> Elon	
8:30-9:25am	<u>Zumba (Gym)</u> Melissa	<u>Zumba Toning (Gym)</u> Melissa	<u>Zumba (Gym)</u> Melissa	<u>Zumba Toning (Gym)</u> Melissa	<u>Zumba (Gym)</u> Kelly
8:30-9:25am	<u>Simply Circuit +</u> Jeanne ♪		<u>Total Body Blast</u> Jeanne ♪		<u>Cardio Kickboxing</u> Jeanne ♪
9:30-10:25am	<u>Pilates</u> Megan	<u>Ballet Barre</u> Elon	<u>PiYo</u> Jeanne ♪	<u>Ballet Barre</u> Elon	<u>Pilates</u> Jeanne ♪
12:00-1:00pm Studio 5	<u>Power Hour</u> Megan		<u>Power Hour</u> Megan		<u>Power Hour</u> Megan
5:00-5:25pm	<u>Hard Core</u> Sharon		<u>Hard Core</u> Michelle		
5:30-6:25pm	<u>Sports Conditioning</u> Sharon		<u>Kickboxing</u> Michelle		
6:30-7:25pm		<u>Zumba (Gym)</u> Kelly	<u>Zumba Toning (Gym)</u> Kelly	<u>Zumba (Gym)</u> Kelly	
*****SATURDAY 9:00AM FLOOR AEROBICS – Instructor's Choice*****					

WATER

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00-9:00am	<u>Shallow Water</u> Jean	<u>Shallow Water</u> Jean	<u>Shallow Water</u> Jean	<u>Shallow Water</u> Jean	
12:00-1:00pm	<u>Shallow Water</u> Anne	<u>Shallow Water</u> Anne	<u>Shallow Water</u> Jean	<u>Shallow Water</u> Anne	<u>Shallow Water</u> Lisa
5:00-6:00pm	<u>Deep Water</u> Jean	<u>Deep Water</u> Jean		<u>Deep Water</u> Jean	
5:30-6:30pm		<u>Shallow Water</u> Sue	<u>Shallow Water</u> Sue	<u>Shallow Water</u> Sue	

Group X Classes are included with a Full Membership. A \$5 drop-in fee is required for all others.

♪ These classes incorporate Christian music.

Must be 12 years of age or older to enter aerobics room and/or participate in floor or water aerobics. NO EXCEPTIONS!

Group X Class Descriptions

Land Aerobics

Ballet Barre: This workout is a blend of ballet, fitness and Pilates inspired movements done at a calorie burning pace. It is a dynamic workout that will burn fat and calories. The workout will also tone and elongate your muscles, enhance flexibility and strengthen your balance.

Cardio Combo: A class that consists of high/low impact moves on the step, strength training and abs.

Hard Core: Designed to carve your superior, inferior, and oblique abdominals while strengthening your core and improving posture. Blast your belly using stability balls, weights, Pilates, and much more during each high intensity session.

Kickboxing: Have fun while getting a fat-burning total body workout with an emphasis on cardio, strengthening and toning that will trim your body in no time. Abdominal work is included. Pads and gloves are not incorporated in this class.

Muscles & More: Reshape your body, tone up, get strong, and boost your metabolism with strength and resistance training targeted at various muscle groups throughout the week. Great for all levels, plus abdominal work will be included.

Pilates: Exercise that benefits the entire body by strengthening and lengthening muscles and improving balance and flexibility.

PiYo™: Got flexibility? PiYo™ is the perfect blend of Pilates, yoga, sports stretch, dance stretch, athletics and more. This is a stretch workout for those who want more than just flexibility; they want to burn calories and build muscle! This dynamic fusion workout is easy on the joints, yet delivers strength, balance, agility and flexibility in one unique calorie burning workout.

Power Hour: A class meant to keep your routine changing! Classes will incorporate several different workouts including cardio, circuit training, muscle work, TRX, spinning, kickboxing, pilates, yoga, sports conditioning and more! (No Zumba or Ballet Barre)

Simply Circuit+: A calorie burning workout that alternates cardio pumping segments with body strengthening moves, wrapped up with 15 minutes of Pilates core work. Great for all levels.

Sports Conditioning: High intensity, cardio strength building class, utilizing: body bars, weights, bands and discs, to sculpt while maintaining a cardio level heart rate. This class is great for non steppers male and female.

Total Body Blast: This class features strengthening moves that will tone upper and lower body muscles, as well as abdominals. You'll become stronger, add definition, increase your energy, and kick your metabolism into high gear! Great for all levels.

Zumba Toning: Takes the original Zumba dance-fitness class to the next level by using light weight toning sticks or dumbbells. Zumba toning is fun, different, challenging and effective while providing a new avenue to weighted activity. Use of weights are optional.

Zumba: A Latin-inspired, dance-fitness class that combines fast and slow rhythms that tone and sculpt the body in a party-like environment. The cardio-based dance movements are easy to follow steps which target areas such as the gluteals, legs, arms, core, and abdominals. Great for dancers and non-dancers.

Water Aerobics

Deep Water: Gives the benefits of weights, Aerobics and stretching in a nonimpact workout that focuses on burning calories and improving all aspects of physical fitness.

Shallow Water: A low impact class paced for seniors and designed to promote joint flexibility, range of motion, and agility while building cardiovascular fitness and muscle strength.

What are the benefits of Water Aerobics?

- Water Aerobics benefits your entire body when done steadily and vigorously. It increases aerobic endurance, improves flexibility and tones the body.
- It will strengthen your heart (cardiovascular fitness) while toning your muscles (muscular strength and endurance).
- Provides 12 times more resistance than when you exercise on land.
- Water Aerobics is fun, helps you keep fit and allows you to meet new people.
- Water Aerobics is excellent for men and women of all shapes, sizes and ages, and allows you to work at your own pace.
- The water environment provides support and gives resistance to the body; this creates an ideal medium for exercise and rehabilitation from injuries while aiding joint mobility.
- Muscle soreness does not occur as frequently in water as on land aerobics due to the buoyancy of the water and reduced impact on the body.
- Water disperses heat more effectively to limit overheating.
- The Recreation Center offers a variety of equipment available to aid in the exercise being performed.
- A 30 minute cardio comparison: Water walking burns approximately 264 calories in comparison to land walking at 135!